

# ***Easter in the UK***

**Easter will be celebrated on Sunday 9th April in the UK.**

Easter is a Christian festival which celebrates the resurrection of Jesus 3 days after his death.

**Palm Sunday** marks the start of Holy Week, and is the Sunday before Easter Sunday. Palm Sunday focuses on an event in the Bible where Jesus entered into Jerusalem and was welcomed by people waving palm branches. Churches will sometimes hand out palm crosses during their services on this day.

**Maundy Thursday** is the Thursday before Easter Sunday. It commemorates the last supper that Jesus held with his 12 disciples. IN the UK, the King will give out silver coins known as 'Maundy money' as symbolic alms to elderly people.

Friday 7th April is **Good Friday**, and Monday 10th April is **Easter Monday**.

Both of these days are Bank Holidays, which means public services are closed and most shops have shorter opening hours or may be closed.

On Easter Sunday, by law, nearly all shops have to remain closed on this day.

Easter Sunday marks the end of lent, which begins on Ash Wednesday (the day after Shrove Tuesday) and lasts for 40 days.

People traditionally give up something during lent. This might be food items such as chocolate, alcohol or meat, or other things they enjoy such as social media.

Easter is celebrated in springtime and is a time of celebrating new life and new growth. You may see lots of images associated with this such as daffodils, Easter chicks, bunnies and lambs .



# ***UK Easter Foods***

## **Easter Eggs**

People traditionally give and receive chocolate Easter eggs and other chocolate treats on Easter Sunday. Some people tell children that these are delivered by the Easter bunny.



## **Hot cross buns**

This is a spiced bread roll with dried fruit in it, and has a cross on the top. They can be served cold or toasted, with butter. These are traditionally eaten on Good Friday but many people eat these any time in the run up to Easter.

## **Lamb**

Roast lamb is commonly eaten on Easter Sunday. Lamb is symbolic of Jesus sacrificing himself and dying on the cross – Jesus being “the lamb of God”. It’s most likely that Christians eat lamb at Easter to remember this sacrifice.



## **Simnel Cake**

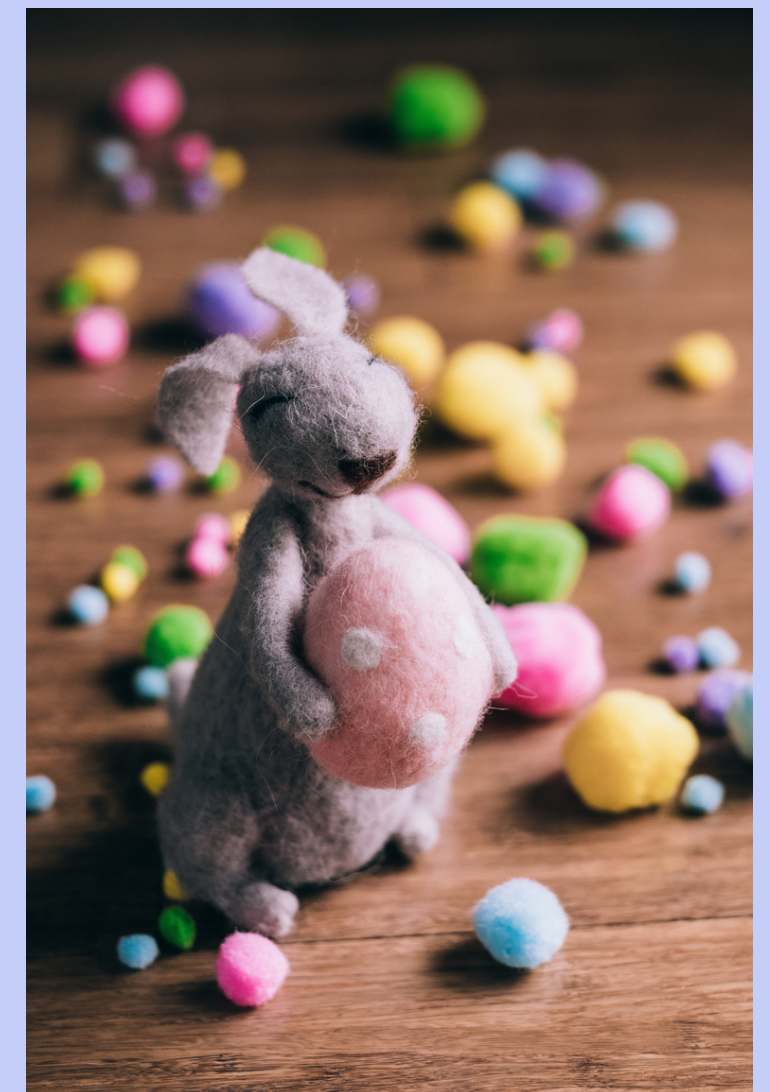
This is a fruit cake that is covered in marzipan. Traditionally it is decorated with 11 marzipan balls, which represent the 12 disciples minus Judas Iscariot, who betrayed Jesus. It is traditionally eaten on Easter Sunday.



# ***UK Easter Traditions***

## **Easter Bunny**

The Easter bunny is a fictitious character who is thought to deliver easter eggs on the morning of Easter Sunday. Sometimes the bunny hides the Easter eggs so that children have to take part in an easter egg hunt to find them.



## **Easter Egg Hunt**

This is where easter eggs and other treats are hidden for children to search for. Children traditionally would carry a basket to collect their treats in as they find them. Easter eggs hunts traditionally take place outside. Some parents might organize an easter egg hunt in their garden. Sometimes easter egg hunts are organised by communities or local organisations in public places like a local park.



## **Easter Bonnets**

Easter bonnets are hats that are decorated with an Easter theme. Sometimes there are Easter bonnet competitions and parades in schools and local communities.





# ***Easter in Ukraine***

Easter Day in 2023 will be celebrated on Sunday 16th April in Ukraine, according to the Orthodox calendar.

Easter is known as Velykden (The Great Day) and is a day off work in Ukraine. Special Easter services are held in churches and many families celebrate the day with a special Easter meal.

Easter meals often include Paskha (a type of Easter bread) and an egg painted in red.

Willow Sunday marks the start of holy Week, which is the same as Palm Sunday in the UK. Ukrainians use willow branches to decorate their homes.

Monday, Tuesday and Wednesday are spent preparing food for Easter, such as sweet egg bread (Paska), dyeing eggs (krashanky) and decorating eggs by hand (pysanka).

On Thursday people clean their houses and themselves.

On Good Friday (also called mourning Friday) people are not supposed to eat anything and they spend the day at church.

Wording adapted from  
<https://www.kievcheckin.com/celebrating-easter-in-ukraine>





# ***Pysanka / Pysanky*** ***and*** ***Krashanka / Krashanky***

These are decorated eggs which are gifted to friends and family.

Pysanka is a decorated raw egg (the insides of the egg are drained through a small hole so that the shell is empty)



Krashanka are dyed hardboiled eggs that are usually one colour  
These are meant for eating at an Easter feast.

Pysanka are traditionally made using beeswax and dyes to create intricate designs, as described on this website:  
<https://www.allrecipes.com/article/how-to-decorate-pysanky-ukrainian-easter-eggs/>



A simple way to recreate this idea, especially for children, might be to use hard boiled eggs and paints or colouring pens.

An Easter basket is filled with pysanky (decorated eggs) and blessed early on Easter Day in many homes. According to one superstition, pysanky were meant to protect homes from evil spirits and misfortune.

There are various Easter games, including one called “Knocking”. This game involves 2 players who have an egg each and try to knock each other’s eggs. The first one to have their egg broken loses the game.

Wording adapted from  
<https://www.kievcheckin.com/celebrating-easter-in-ukraine>





# ***Paska and Babka***

Both babka and paska are traditional Eastern European breads served at Easter.

They are sometimes referred to as Easter cake.

Paska tends to be wide and round with dough shaped on top to form religious symbols or decorative shapes.

Ukrainian babka is a tall cylinder that sometimes contains raisins and/or citrus zest, and can have icing on top.

See this website for a suggested recipe for Babka:

<https://ukrainefood.info/recipes/pastries/43-easter-cake>

